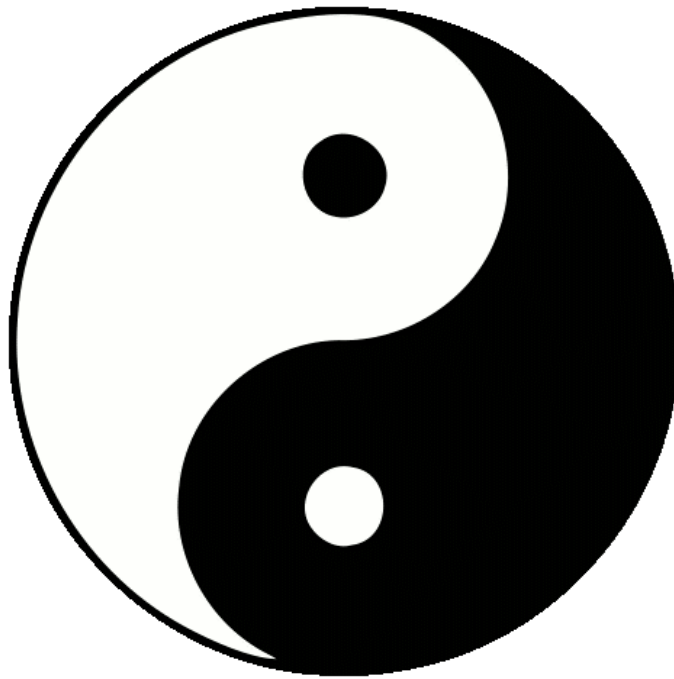


# Tai Chi



An ancient Chinese relaxation exercise,  
practised in gentle flowing movements,  
for

**Health, Wellbeing, and Mindfulness**

**Spring term 2026: Classes for beginners start...**

<b>Tue 20 Jan</b>	<b>11:15 am</b>	<b>St Albans</b>
<b>Thurs 22 Jan</b>	<b>7:00 pm</b>	<b>St Albans</b>
<b>Fri 23 Jan</b>	<b>10:15 am</b>	<b>Welwyn Garden City</b>

**First class for NEW beginners is FREE**



More details on: [www.hertstaichichuan.com](http://www.hertstaichichuan.com)  
or call Kevin 07746 199462

# Spring 2026 full class schedule\*

\*Provisional at Dec 2025. Final schedule will be confirmed in week 1 of the term

## Tuesday (Daytime) St Albans

10 weeks from 20 Jan to 31 Mar (17 Feb = half term break)

Homewood Road URC, Homewood Rd, AL1 4BH

11:15am B1 (Beginners 1<sup>st</sup> third)

12:20pm B2 (Beginners 2<sup>nd</sup> third) \*

13:25pm Fundamentals Awareness \*

Charles Morris Hall, Tyttenhanger, AL4 0RN

15:00pm B3 (Beginners 3<sup>rd</sup> third) \*

## Thursday (Evening) St Albans

10 weeks from 22 Jan to 2 Apr (19 Feb = half term break)

Ss Alban & Stephen Primary School (Upper Site), Cecil Rd, AL1 5EG

7:00pm B1 (Beginners 1<sup>st</sup> third)

[Main room]

7:00pm Fundamentals Awareness at B1 \*

[Small room]

8:05pm 'Drop-In' Qigong \*

[Small room]

8:05pm Intermediate Form \*

[Main room]

## Friday (Daytime) Welwyn Garden City

10 weeks from 23 Jan to 3 April (20 Feb = half term break)

Vineyard Barn, Welwyn Garden City, AL8 7PU

9:00am Fundamentals \*

[Main room]

9:00am Fundamentals Awareness at B1 \*

[Small room]

10:15am B1 (Beginners 1<sup>st</sup> third)

[Main room]

10:15am B2 (Beginners 2<sup>nd</sup> third) \*

[Small room]

11:25am Sword \*

[Main room]



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